AMENDMENTS TO THE CLAIMS

The following listing of claims will replace all prior versions and listings of claims in the application.

LISTING OF CLAIMS

1. - 21. (cancelled)

22. (new) A method for synchronizing an optical data signal in an optical communication system, comprising:

generating an optical pulse stream;

modulating the optical pulse signal with a data stream to form an optical data signal;

disabling the optical pulse stream;

setting a duty cycle of the data stream to a value less than fifty percent while the optical pulse stream is disabled;

enabling the optical pulse stream and subsequently disabling the data stream;

adjusting parameters of the optical pulse stream while the data stream is disabled;

enabling the data stream;

monitoring optical power level of the optical data signal; and

adjusting a phase offset of the optical pulse stream to maximize the optical power level of the optical data signal, thereby synchronizing the optical pulse signal with the data stream.

- 23. (new) The method of Claim 22 further comprises generating an optical pulse stream having a return to zero transmission format.
- 24. (new) The method of Claim 22 wherein setting a duty cycle further comprises examining an eye-diagram of the data stream and lowering a crossing-level of the eye-diagram to a value less than fifty percent, thereby reducing the duty cycle of the data stream.
- 25. (new) The method of Claim 24 wherein lowering a crossing-level further comprises reducing a duty cycle of the data stream at a data source for the data stream.
- 26. (new) The method of Claim 24 wherein lowering a crossing-level further comprises optically reducing a duty cycle of the optical data signal at an optical modulator.
- 27. (new) The method of Claim 22 wherein adjusting a phase offset further comprises dithering the phase offset setting at a dither frequency.
- 28. (new) The method of Claim 27 wherein the adjusting the phase offset further comprises maximizing a frequency component of the dither frequency at twice the dither frequency or minimizing a frequency component of the dither frequency at the dither frequency.

- 29. (new) A propagating wave for transmission over an optical communications system, the propagating wave comprising the optical data signal synchronized according to the method of claim 22.
- 30. (new) A transmitter for use with an optical communications system, said transmitter transmitting a signal comprising the optical data signal synchronized according to the method of claim 22.
 - 31. (new) An optical communications system, the system comprising:
 - a transmission medium;
 - a receiver; and

the transmitter of claim 30.